

## **Historic, archived document**

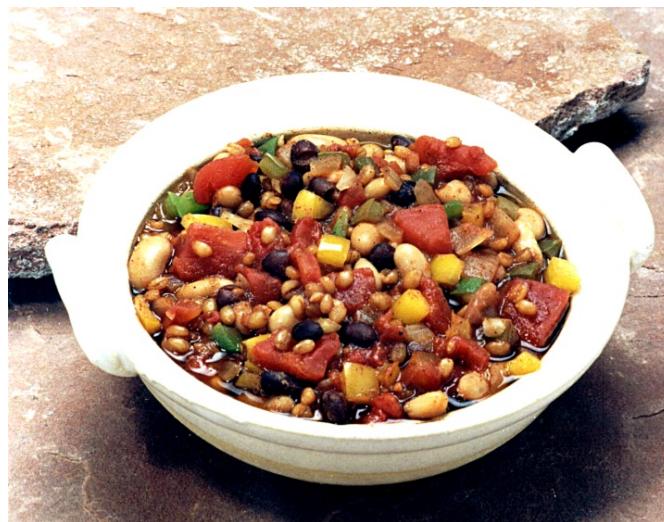
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## Wheat Berry Chili

**Meal/Course:** Lunch or Dinner  
**Serves:** 8

**Ingredients:**

1 cup wheat berries  
3 cups water  
1 large onion, chopped  
½ green pepper, chopped  
½ yellow pepper, chopped  
4 teaspoons chili powder, or to taste  
¼ teaspoon hot pepper sauce  
1/8 teaspoon black pepper  
1 8-ounce can tomato sauce, unsalted  
1 28-ounce can tomatoes, diced, unsalted  
2 cups beef broth, 99% fat free, reduced sodium  
1 15-ounce can kidney beans, unsalted  
1 15-ounce can white beans, unsalted



**Directions:** Cook wheat berries in 3 cups of water for 1 hour until tender; add more water if necessary, drain. Rinse with cool water and drain thoroughly. In the microwave on medium heat, cook onion, green and yellow pepper for 1 minute, or until desired softness. In a 4-quart pot, combine remaining ingredients with wheat berries and microwaved vegetables. On stovetop, bring to a boil and simmer uncovered 1 hour or until desired consistency is reached, stirring occasionally.

**Nutrition per serving:**

Calories: 205  
Total Fat: 1.18 g  
Saturated Fat: .05 g  
Sodium: 193.91 mg  
Potassium: 367 mg  
Calcium: 58.42 mg  
Vitamin D: 0 mcg ; 0 IU  
Dietary Fiber: 10.36 g

**Amount of Each Food Group Per Serving:**

Fats: 0  
Milk, Yogurt, Cheese: 0  
Meat, Poultry, Fish, Dry Beans, Eggs, Nuts: 2 oz  
Fruits, Vegetables: 1  
Bread, Cereal, Rice, Pasta: .5

**Meal suggestions:** Serve with 1 non-fat dairy serving, ½ bread serving and 1 serving of fruit.



The “Grain Chain,” a group of MyPlate National Strategic Partners committed to promoting and supporting grains, offers a series of recipes featuring whole grains. Members include American Bakers Association, Wheat Foods Council, Grains Food Foundation, National Pasta Association, USA Rice Federation, General Mills, and Kellogg’s.